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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 2, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture.

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FAMILY FOOD GUIDE

:	:
:	Every meal -- Milk for children, bread for all
:	:
:	:
:	Every day --
:	Two to four times a week --
:	Cereal in porridge or pudding
:	Tomatoes for all
:	Potatoes
:	Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children
:	Eggs (especially for children)
:	A green or yellow vegetable
:	Lean meat, fish or poultry, or
:	A fruit or additional vegetable
:	cheese
:	Milk for all
:	:
:	:

"POT LIKKER" ADDS MINERALS TO THE DIET

Ham-bone and cabbage may be a homely dish, but it is a good food, says the Bureau of Home Economics of the U. S. Department of Agriculture. Served with the "pot-likker," it furnishes several nutrients. With the hot corn pone that usually goes with this meal, and a fruit of some kind, you have a very cheap, adequate dinner.

Ham-bone gives flavor to a vegetable because there is some meat on the bone and the meat is cured. But the bone itself contributes some food value, according to Dr. Hazel E. Munsell, senior nutrition chemist of the bureau. The same is true of beef soup-bone, except that the flavor is different. Add to the ordinary soup-bone, or beef knuckle, potatoes, onions, tomatoes, green pepper, celery, and carrots or some other yellow vegetable (for vitamins and color), serve all these in their liquor, and you have a whole meal in one dish.

In the same way, chicken bones or turkey bones, cooked with the left-over parts of the fowl, add value to the chicken hash or turkey hash for a second day's meal.

The reason for cooking the meat bones with food is to bring out the mineral salts contained in the bones and marrow. Calcium, phosphorus, iron, and several other mineral salts cook out of the bones and dissolve in the cooking water. The cooking water also contains some of the salts and juices of the vegetables that have been cooked with the bones. All these go to make up the "pot-likker."

Mineral salts are necessary in the diet. The body uses calcium, phosphorus, and iron--other minerals, too--for blood and bone and muscle. The baby must have mineral foods (milk furnishes most of these) in order to grow. The adult must have them to keep his body in good condition after he has got his growth, for then he must constantly rebuild and repair body tissues. Some minerals, like iodine, have special importance to the glands of the body.

Like various other important food constituents, the mineral salts are easily lost with the wrong kind of cooking. On the other hand, they can easily be saved. According to Dr. Florence B. King, in charge of the food utilization laboratory of the Bureau of Home Economics, "to get all the food values of ham-bone and cabbage, or any other meat bone and vegetables, cook the meat bone first. Then add the cabbage, or whatever vegetable you choose, and cook it in the pot liquor, which by this time consists of the cooking water plus whatever minerals, vitamins, and other substances may have cooked out of the bone, bone marrow, gristle, and meat that was attached to the bone. But cook the vegetable only until it is tender and still firm. It will then get the flavor of the meat and keep the vitamin values which would otherwise be lost, for some of the vitamins are destroyed by long cooking and too much heat. To get full food value the

pot liquor should be served along with the meat and vegetables."

WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF SEVEN
including 2 adults and 5 children

Bread	16 - 22 lbs.
Flour	3 - 4 "
Cereal	6 - 8 "
Whole fresh milk, or	30 - 42 qts.
Canned evaporated milk	30 - 42 tall cans
Potatoes	20 - 30 lbs.
Dried beans, peas, peanut butter	1 - 3 "
Tomatoes, fresh or canned or citrus fruit	9 "
Other vegetables (including some of green or yellow color), and inexpensive fruits	20 - 25 "
Fats, such as bacon, butter, lard, margarine, salt pork, etc.	4 "
Sugar and molasses	5 "
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound)	7 - 10 "
Eggs (for children)	8 eggs
Coffee	1 lb.
Tea	$\frac{1}{4}$ "

MENU

Breakfast

Cereal with milk - Toast
Coffee (adults) - Milk (children)

Dinner

Ham-bone and cabbage
Crusty hot corn pone
Banana and peanut salad
Coffee - Milk

Supper

Fried carrots and apples
Cottage cheese
Whole wheat toast with jam
Tea - Milk

RECIPES

Banana and Peanut Salad

6 bananas
1 cup chopped nuts

Lettuce
Salad dressing

Select ripe bananas, skin, scrape, and cut in halves or in slices. Put the banana on lettuce leaves, sprinkle with the nuts, and serve with salad dressing, or a little lemon juice.

Cooked Salad Dressing

1 teaspoon salt	2 tablespoons sugar
1/8 teaspoon mustard	1 cup milk
Dash of white pepper	1 egg
1/8 teaspoon paprika	6 tablespoons vinegar
3 tablespoons flour	2 tablespoons butter or other fat

Sift the dry ingredients together to mix them thoroughly, add the cold milk, stir until well blended, then cook in a double boiler until thickened. Cover and cook 10 minutes longer. Beat the egg until very light and add some of the hot mixture to the egg gradually. Then combine and cook the whole mixture a few minutes longer. Add the vinegar slowly, stir and continue to cook until fairly thick; then add the butter or other fat.

Fried Carrots and Apples

6 medium-sized carrots	1 tablespoon sugar
6 tart apples	1/4 teaspoon salt
2 tablespoons fat	

Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the skin on, as preferred, core, and cut into slices about a fourth of an inch thick. Place a single layer of the apples and the carrots in a large skillet with the fat, cover tightly, and cook until well browned, turn, and brown the other side. Just before the cooking is finished, sprinkle with the sugar and salt. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be lifted together.

Vegetable Soup

1 large soup bone with meat (cracked)	1 cup finely diced carrots
3 quarts cold water	1 cup finely diced turnips
4 tablespoons fat	2 cups finely diced potatoes
1 green pepper, chopped	2 cups tomato juice and pulp
1 cup chopped onion	3 teaspoons salt, or to taste
1-1/2 cups chopped celery and leaves	1/4 teaspoon pepper

Wash the soup bone and be careful to remove all small loose pieces of bone. Put the bone in a large kettle, cover with the cold water, and simmer for 2 hours. Remove the bone from the broth. Cook all the vegetables, except the tomatoes, in the fat in a skillet for about 10 minutes, stirring frequently. Add the vegetables, tomato, salt, and pepper to the broth and simmer until the vegetables are tender but not broken. Serve the meat with the soup or save it for hash or croquettes.

This makes a rather large quantity of soup, but it is equally good reheated and served another day.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



RELEASE FOR PUBLICATION
MARCH 9, 1932 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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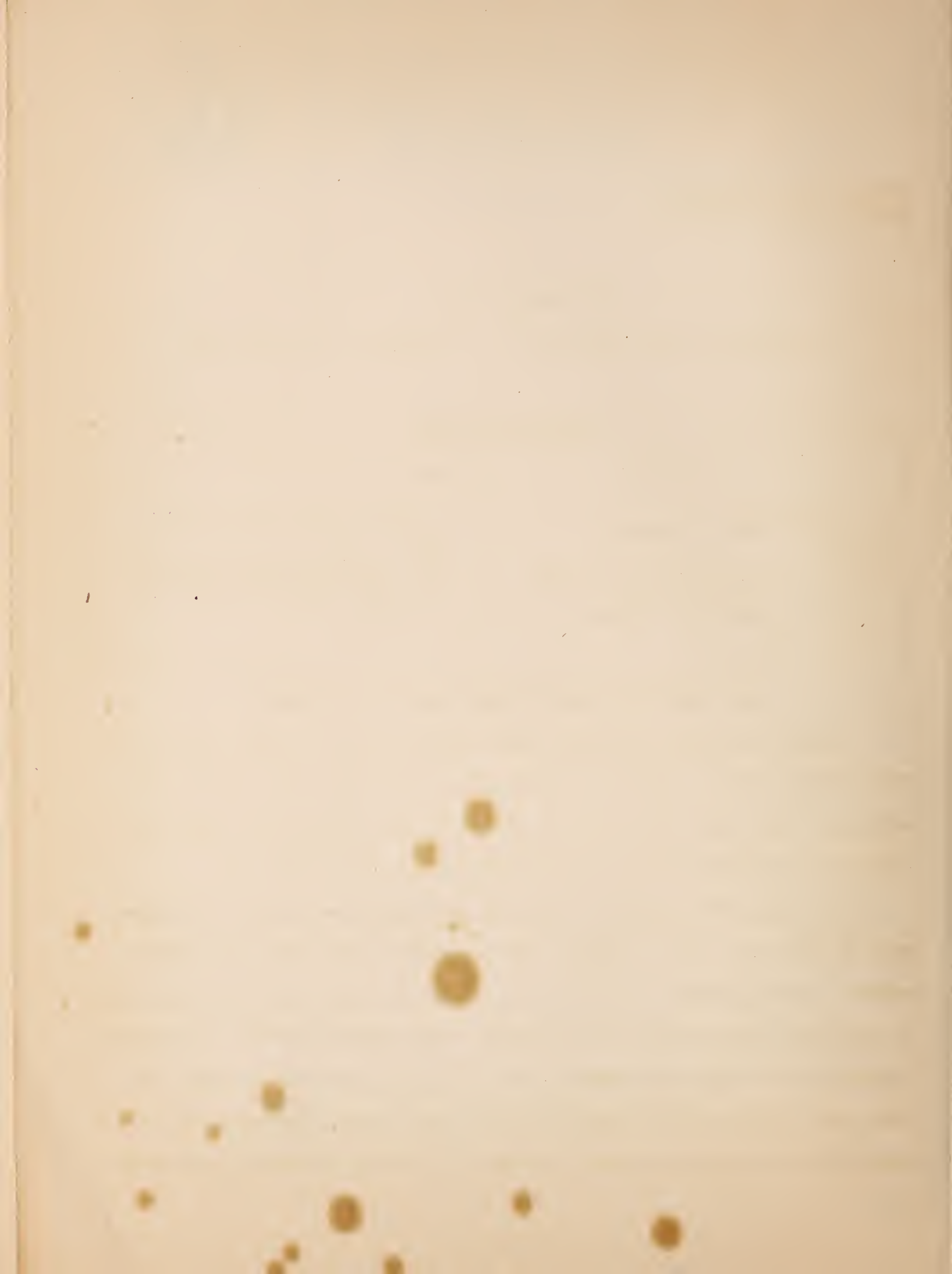
FAMILY FOOD GUIDE

:	:			
:	Every meal -- Milk for children, bread for all	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish or poultry, or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

EAT GREENS FOR THEIR MINERAL SALTS AND VITAMINS

Dandelion greens--and other spring greens for that matter--come at the time of the year that grandmother used to dose the family with sulphur and molasses. So it was, according to a distinguished authority on foods, that sulphur and molasses got the credit, while dandelions did the work.

In other words, says the Bureau of Home Economics of the U. S. Department of Agriculture, the appetizing dish of spring greens which grandmother served, cooked no doubt with salt pork or bacon fat, was what the family needed in the spring and not the dose of medicine. For winter food they had depended largely on the vegetables stored in the cellar, and these for the most part were roots, which grow underground and away from the sun. By springtime the family felt the need of something to "thin the blood;" whereupon the sulphur



and molasses came down off the shelf.

In reality, food scientists explain, the family needed certain food substances which are not abundant in most of the root vegetables. Those substances are not present in sulphur at all, and are present only in small quantities in molasses. But they are abundant in dandelion greens, turnip greens, mustard, beet tops, poke salad, kale, collards, chard, watercress, broccoli, spinach, cabbage--all the greens, in fact.

Nowadays the housewife does not have grandmother's winter food problem, so sulphur and molasses are out of date. Green foods are shipped at all seasons to the parts of the country where they do not grow, and fewer families need to be without "greens" in winter. For that matter, turnip greens, and some of the other more hardy kinds, can be had from the family garden in many parts of the country most of the year.

Properly speaking, "greens" is the term for all the green leafy vegetables, lettuce and other salad greens as well as the leaves that are cooked. To grandmother, however, and to many people nowadays, "greens" are the green leaves of plants such as dandelion, mustard, or spinach, and the green tops of beets and turnips; in other words, the greens which were usually cooked.

Then along came salad. Cole slaw had always been popular, but a salad course at dinner was a new idea some thirty years ago. Presumably it was no accident that salads came in about the time that food specialists learned the relation of green foods to health.

At first it was for their mineral content--calcium and iron especially--that greens were considered most valuable. Now it is for their minerals together with their vitamins. In a balanced diet, green leafy vegetables supply most of the vitamin A and vitamin C. They also furnish vitamin B and vitamin G.



Two of the vitamins, however--B and C--are easily destroyed in cooking.
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There/some of the foods that contain these vitamins should often be served raw, according to nutritionists. Raw cabbage, either shredded for salad, or dressed as cole slaw, is especially rich in vitamin C. All the salad greens--lettuce, romaine, endive, escarole, watercress, celery, parsley--are good. The green leaves, however, are much richer in vitamins than are the bleached leaves and stems. A salad with green leaves of lettuce, raw carrots sliced or grated, or with tomatoes, is rich in at least four of the essential vitamins--A, B, C, and G.

Cooked greens, especially spinach, turnip tops, and collards are rich in vitamins A and G, but precautions must be taken to retain their vitamins B and C. To do this, and to hold the mineral values, the Bureau of Home Economics gives the following directions for cooking greens:

After thorough washing, put the greens in a small quantity of boiling salted water. Cook without a cover, for as short a time as possible to make the greens tender but still firm. The small quantity of water is recommended because some of the mineral and vitamin values will be lost if there is so much water that the greens must be drained. Some greens--spinach and young dandelions--will need no cooking water except that which clings to the leaves after washing. Cooking without a cover will help to keep the color of the greens.

Greens are sometimes cooked in milk, which adds to the food value, because the milk with its own food value, plus that cooked out of the greens, is served in the same dish. When cooked with meat, greens should be put in the cooking water after the meat itself has cooked. Otherwise they will be overcooked.

A combination of two or more kinds of greens, such as beet and turnip tops, field cress and spinach, corn salad and mustard greens, makes a savory dish when seasoned with bacon fat, or with butter and chopped onion.



WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF SEVEN
including father, mother, and five children

Bread	16 - 22 lbs.
Flour	3 - 4 "
Cereal	6 - 8 "
Whole fresh milk, or	30 - 42 qts.
Canned evaporated milk	30 - 42 tall cans
Potatoes	20 - 30 lbs.
Dried beans, peas, peanut butter	1 - 3 "
Tomatoes, fresh or canned, or citrus fruits	9 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	20 - 25 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . .	4 "
Sugar and molasses	5 "
Lean meat, fish, cheese, eggs (8 eggs approximates 1 pound) . . .	7 - 10 "
Eggs (for children)	8 eggs
Coffee	1 lb.
Tea	$\frac{1}{2}$ "

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MENU

Breakfast

Grapefruit - Cooked Cereal
Toast
Coffee (adults) - Milk (children)

Dinner

Corned beef hash
Wilted dandelion greens
Bread and Butter
Cocoa and Oatmeal drop cookies

Supper

Quick turnip soup
Crackers or Toast
Apple Fritters & Syrup
(Apple sauce & Cookies for
youngest children)
Milk for all

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RECIPES

Corned beef hash

1-1/2 pounds corned beef, cooked
7 large boiled potatoes
Onion to flavor

Dash of cayenne pepper
Salt

Put meat, potatoes, and onion through the meat grinder, using the fine knife. Add the cayenne and salt to taste and mix thoroughly. Grease lightly a heavy skillet. Pat in the hash in an even layer and cook over low heat until a golden brown crust is formed. When brown, place a pan or lid over the skillet and turn the hash out so the browned side is on top. Slip the uncooked side in the skillet and allow this side to become golden brown. Turn out on a plate, garnish with parsley, and serve at once.

Wilted Dandelion Greens

2 or 3 quarts dandelion greens
4 tablespoons bacon fat

1/4 cup mild vinegar
1 teaspoon salt

Wash the greens thoroughly, and cut into small pieces with scissors. Heat the baconfat, vinegar, and salt in a skillet, add the greens, cover, and cook at moderate heat until the greens are wilted. Serve at once.

Quick Turnip Soup

1-1/2 quarts milk
1 large onion, cut in half
2 tablespoons flour
3 tablespoons melted butter or other fat

3 cups grated raw turnip
1-1/2 teaspoons salt
Chopped parsley

Heat the milk in a double boiler with the onion, add the flour and fat, which have been well blended, then the turnip, and salt. Cook until the turnip is tender, or for about 10 minutes, and remove the onion. Sprinkle chopped parsley over the soup just before serving.

Apple Fritters

3 medium sized tart apples
1 cup sifted flour
2 teaspoons baking powder
1/4 teaspoon salt

2/3 cup milk
1 egg, well beaten
Fat for frying

Pare, core, and cut the apples in crosswise slices about 1/4 inch thick. Sift the dry ingredients. Add the milk to the well beaten egg, then pour slowly into the dry mixture, and stir until smooth. Heat fat of good flavor until a cube of bread will brown in 1 minute. Dip the apple rings into the batter, drain, and put slowly into the hot fat without spattering. Cook from 3 to 5 minutes, or until the apples are tender and the fritter a golden brown. Drain on absorbent paper, and serve with syrup.



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WASHINGTON, D. C.

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MARCH 16, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE

Every meal -- Milk for children, bread for all		:
Every day --		:
Cereal in porridge or pudding	Two to four times a week --	:
Potatoes	Tomatoes for all	:
Tomatoes (or oranges) for children	Dried beans and peas or peanuts	:
A green or yellow vegetable	Eggs (especially for children)	:
A fruit or additional vegetable	Lean meat, fish or poultry, or	:
Milk for all	cheese	:

TOMATOES, TOMATO JUICE -- AND WHY

The tomato is a peculiarly important food, says the Bureau of Home Economics of the U. S. Department of Agriculture. No other vegetable gives quite so many kinds of value for the money, and no other is more readily available, in one form or another, in all parts of the country at all times of the year. We have nothing to match the tomato in flavor, in color, or in variety of possibilities for the table.

If you doubt this, try to imagine what your meals would be like without the "love apple," as it used to be called. No broiled or fried tomatoes. No tomato juice for cocktails. No tomato soup and no tomato flavor in vegetable or chicken creole soup. No catsup or chili sauce. No scalloped or stuffed tomatoes, no macaroni with tomatoes, no tomato omelet. No tomatoes for Swiss steak and meat loaf. No sliced tomato or jellied tomato salad. No tomato preserves. Certainly no other one article of food is utilized in quite so many ways,

or would be missed more by most people.

Quite as important, however, as its flavor, color and general attractiveness, are the food values of the tomato. Moreover, it is easy to can tomatoes and they are available all year at reasonable cost. The tomato is used as a vegetable, but it is really a fruit, and it serves the same purpose in the balanced diet as the citrus fruits. Oranges and grapefruit are highly recommended by nutritionists for their vitamin content. Tomatoes contain the same vitamins, and nowadays tomato juice is almost interchangeable with orange juice in the menu. Each is also a good source of several minerals.

Tomato juice is fed to little babies, to make sure they will get enough vitamins, especially vitamin C. This vitamin is easily destroyed in cooking, but the tomato, unlike the non-acid vegetables, retains a goodly portion of its vitamin C even when cooked or canned. It furnishes also some vitamin A, which is not easy to provide in sufficient quantity in a low-cost diet, either for children or adults. A variety of foods contain vitamin A--liver, butter, carrots, cream cheese, greens of many kinds, as well as tomatoes--but it takes much more than a daily serving of any one of these foods, the scientists say, to provide all the vitamin A one person should have.

The tomato also contains vitamin B, which is necessary for growth and appetite.

One excellent way to vary the use of tomatoes is the tomato juice "cocktail" which is now so popular. The juice may be served alone or it may be flavored in various ways according to taste. The "cocktail" is easy to make, either by adding the seasoning to the canned juice, or by cooking the fresh or canned tomatoes for a few minutes, with the seasonings, and then rubbing through a sieve to take out the seeds. This flavored juice which is the "cocktail" may be kept in quantity in a refrigerator and used from day to day as desired.

To make tomato jelly, for salad, add gelatin, pour into wet custard cups and put in a cold place until set.

WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF FIVE
including 2 adults and 3 children:

Bread	12 -16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 -28 qts.
Canned evaporated milk	23 -28 tall cans
Potatoes	15 -20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 -18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.. .	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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MENU FOR ONE DAY

Breakfast

Tomato juice - Cooked cereal
Toast
Coffee (adults) - Milk (children)

Dinner

Tomatoes, Corn, and Cheese on Toast
Mashed turnips
Bread and Butter
One-egg cake and Lemon Sauce
Milk for children

Supper

Scalloped potatoes and Onions
Bread and Butter
Canned fruit
Milk for All

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RECIPES

Tomatoes, Corn, and Cheese on Toast

3 tablespoons flour	2 cups tomatoes, canned or fresh
3 tablespoons melted butter or other fat	2 cups canned corn
1 onion, sliced	2 teaspoons salt
	1/4 pound sharp cheese, shaved thin

Brown the flour in a heavy skillet, remove the flour from the skillet, and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about 10 minutes. Stir in the cheese and when melted serve on thin crisp toast.

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Tomato Jelly Salad

3 tablespoons gelatin
1/2 cup cold water
1 quart tomatoes, canned or fresh
2 or 3 slices onion
1-1/2 teaspoons salt

1 teaspoon sugar
1 tablespoon green pepper, chopped
2 tablespoons celery, chopped
1 tablespoon parsley, chopped
1 cup cabbage, shredded

Soak the gelatin in the cold water for 5 minutes. Boil the tomatoes and onion for 5 minutes, strain through a fine sieve, pour the hot tomato juice over the softened gelatin, and stir until it is dissolved. Add the salt and sugar, and chill. When the gelatin mixture is partly set, add the finely chopped vegetables, and mix well. Add more salt if needed. If the mixture is not tart enough, add a little lemon juice or vinegar. Pour into wet custard cups and place in a cold place until set, turn out on crisp lettuce leaves, and serve with salad dressing.

Tomato Cocktail

1 quart tomatoes, canned or fresh
2 stalks celery, chopped
1/2 green pepper, chopped
1 teaspoon salt

2 tablespoons tomato catsup
1 teaspoon onion pulp
1 teaspoon horseradish

Boil the tomatoes, celery, pepper, and salt for about 5 minutes, and rub through a sieve that is fine enough to keep back the seeds. To the tomato juice and pulp, add the catsup, onion, and horseradish. (A little lemon juice is a good addition if the tomatoes are not very acid). Stir the mixture well, and put in a cold place to chill. Beat before serving and pour into small glasses. Finely chopped parsley sprinkled on top adds attractiveness. Thinly sliced cucumber may be used in place of the parsley.

One-Egg Cake

1-1/8 cups milk
3 cups flour
1/3 cup fat
1 egg

5 teaspoons baking powder
1-1/4 cups sugar
1/4 teaspoon salt
1/2 teaspoon flavoring

Place the fat in a warm place until it becomes soft though not melted, so that it may be combined easily with the sugar. Blend the fat and the sugar thoroughly, stir in the beaten egg, and add alternately the dry ingredients, which have been mixed and sifted together, and the liquid. Add only a small quantity of liquid at a time. Add flavoring. Pour the batter into lightly greased, floured pans, taking care that it is spread evenly. If baked in a thick loaf the oven temperature should be very moderate (about 325°F.), but if baked as cup cakes or thin layers the oven should be about 375°F.

Lemon Sauce

2 tablespoons cornstarch
1/2 cup sugar
1/2 teaspoon salt

2 cups water
1 or 2 tablespoons lemon juice
and some grated rind
1 tablespoon butter

Mix the cornstarch, sugar, and salt, thoroughly. Add the water and cook over direct heat until thickened. Cover and continue the cooking over hot water for 15 to 20 minutes. Stir in the lemon juice and rind and butter. Serve hot.



U. S. DEPARTMENT OF AGRICULTURE
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RELEASE FOR PUBLICATION
MARCH 23, 1932 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE

:	:	
:	Every meal -- Milk for children, bread for all	:
:	:	:
:	Every day --	Two to four times a week* --
:	Cereal in porridge or pudding	Tomatoes for all
:	Potatoes	Dried beans and peas or peanuts:
:	Tomatoes (or oranges) for children	Eggs (especially for children):
:	A green or yellow vegetable	Lean meat, fish or poultry, or:
:	A fruit or additional vegetable	cheese
:	Milk for all	:

EGGS NOW A GOOD FOOD BARGAIN

Not for twenty years have eggs cost so little at Eastertime as now. And spring is the season for quality--more good eggs come on the market in spring than at any other time of year. The egg market, therefore, says the Bureau of Home Economics of the U. S. Department of Agriculture, offers a good food bargain just now, exceptional food value for the money.

Eggs scrambled, soft-cooked, or fried, egg corn bread, muffins, sponge cake, omelets, salad dressings, custards--these nourishing dishes may have been out of reach of families on short rations, yet the people who could not afford eggs are probably those most in need of the nutrients that eggs contain. Now, perhaps is their chance.

Eggs are body-building foods. Egg yolk is fed to the baby to supplement his milk, and a whole egg each day is a good rule to follow for little children.

Like milk and meat, eggs are rich in protein. They contain also four of the vitamins--A, B, D, and G--and are an excellent source of iron in a form very easily utilized in the body. Because of this iron, eggs are good blood builders. "They are more like milk in nutritive value than is any other food," says Dr. Hazel K. Stiebeling, food economist on the bureau's staff. "They are richer than milk in iron but less rich in calcium. But eggs should not be considered a substitute for milk," she adds, "rather they should be considered a supplement to milk."

Every cook wants eggs to cook with. They add richness, flavor, delicacy, and improve the texture of almost any kind of dish. And, stored or fresh, eggs add food value in whatever mixture they are used.

It is a mistake to think there is no "how" to the cooking of eggs, says the Bureau of Home Economics. Even in the simple process of "boiling" eggs there is a right way and a wrong way. "The secret of success in cooking eggs, and dishes in which eggs predominate, is to cook slowly at moderate, even heat," say Miss Lucy M. Alexander and Mrs. Fanny Walker Yeatman, specialists on the bureau's staff who have prepared a leaflet on egg dishes. A boiling temperature toughens white of eggs, they say, therefore don't put eggs in boiling water if you want tender whites. Start them in cold water, enough to cover them, and heat the water gradually to simmering, but do not let it boil. For soft-cooked eggs, take the pan from the fire as soon as the water simmers, cover it, and let it stand for a few minutes.

In almost countless ways, eggs can be used as the main dish of any meal. For variety, they can be served with different seasonings and sauces: poached on toast with tomato sauce, for example; hard-cooked with Spanish sauce; curried; baked with cheese; or creamed with ham and served on toast. Omelets may be varied by adding chopped onion, chopped ham or bacon, by folding in jelly, cheese, tomatoes, or almost any flavorful vegetable, or meat. Or, for an economical dish, try a fondue made with a large proportion of eggs and enough cheese to flavor. Another good variation is poached eggs served on savory rice. Baked custard with caramel sauce is a nutritious dessert that is economical when eggs are low in price.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF SEVEN
including father, mother and 5 children

Bread	16 - 22 lbs
Flour	3 - 4 "
Cereal	6 - 8 "
Whole fresh milk, or	30 - 42 qts.
Canned evaporated milk	30 - 42 tall cans
Potatoes	20 - 30 lbs.
Dried beans, peas, peanut butter	1 - 3 "
Tomatoes, fresh or canned, or citrus fruits	9 "
Other vegetables (including some of green or yellow color).and. inexpensive fruits	20 - 25 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . .	4 "
Sugar and molasses	5 "
Lean meat, fish, cheese, eggs (8 eggs approximates 1 pound) . . .	7 - 10 "
Eggs (for children)	8 eggs
Coffee	1 lb.
Tea	$\frac{1}{2}$ "

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MENU FOR ONE DAY

Breakfast

Sliced Oranges
Cooked Cereal - Toast
Coffee (adults - Milk {children)

Dinner

Baked Eggs and Rice in Tomato Sauce
Browned Parsnips
Oatmeal Muffins - Jelly, jam, or syrup
Milk for All

Supper

Potato Soup
Toasted Oatmeal Muffins (from dinner)
with Crisp Bacon
Baked Apple
(baked while oven is going for dinner)
Tea (adults) - Milk (children)

* * * * *

RECIPES

Baked Eggs and Rice in Tomato Sauce

1 cup uncooked rice	1/4 cup flour
1 quart canned tomatoes	7 eggs
1-1/2 teaspoons salt	1/4 cup grated cheese
2 onions	2 cups bread crumbs
1/4 cup melted butter or other fat	

Cook the rice in a large quantity of lightly salted boiling water for about 20 minutes, or until tender, wash in water, drain, and let steam and swell over hot water. Prepare a sauce by cooking the tomatoes and seasonings for 10 minutes, strain, and thicken with the blended fat and flour. Make a layer of the rice in a large

shallow greased baking dish, drop the raw eggs carefully on the rice, pour on the sauce, and sprinkle over the top the grated cheese mixed with the bread crumbs. Bake in a slow oven (about 375°F.) until the eggs are set. Serve in the baking dish.

Cheese Souffle

4 eggs	1/2 pound American cheese
1-1/2 cups milk	3/4 teaspoon salt
1 cup fine dry bread crumbs	1/8 teaspoon paprika
1 tablespoon butter or other fat	3 drops Tabasco sauce

For a family of 7, double the above quantities and bake in two greased baking dishes.

Heat the milk, bread crumbs, and fat in a double boiler. Shave the cheese into thin slices, add it to the hot mixture, and stir until the cheese has melted. Add this mixture to the well-beaten egg yolks. Season to taste with paprika and Tabasco. Fold the hot mixture into the stiffly beaten egg whites containing the salt, pour into a greased dish, and bake in a very moderate oven (300°F.) for one hour, or until set in the center. Serve immediately.

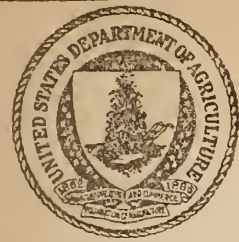
Fruit Whip

Fruit whips can be made of any fruit pulp of pronounced flavor and color. Heat the fruit pulp to dissolve the added sugar, and combine while hot with the stiffly beaten egg whites so as to cook the eggs partially and give body to the mixture. After the fruit pulp has been combined with the egg whites and sugar, the mixture may be baked if desired. When baked in a dish surrounded by water in a very slow oven (225° to 250°F.) for about one hour, the whip should not fall, and may be served either hot or cold. Or, fruit whips may be served as soon as mixed without cooking.

Baked Caramel Custard

1-1/2 cups sugar	3 tablespoons sugar
1-1/2 cups water	1 teaspoon vanilla
1-1/2 quarts milk	7 eggs
1/4 teaspoon salt	Butter

Melt and stir the cup and a half of sugar in a smooth skillet over low heat until the sugar turns a rich brown color, add the water, continue to stir until a thick caramel sirup has formed, and remove from the fire. Heat the milk slightly, add the salt, 3 tablespoons of sugar, three-fourths cup of the caramel sirup, and vanilla, and stir into the slightly beaten eggs until well mixed. Butter custard cups, put in each about 2 teaspoons of the caramel sirup, fill with the custard mixture, put a small piece of butter on top, and bake on a rack in a pan of hot water in a moderate oven (350°F.) for 45 minutes, or until set. Test by inserting the point of a knife in the center of the custard. If it comes out clean remove the custard at once from the hot water. When cold turn out on individual plates, and the caramel sirup in the bottom of the cups will run down over the custard like a sauce.



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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE

:	:			
:	:			
:	Every Meal -- Milk for children, bread for all.	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish or poultry and	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:

CHEESE IS CONCENTRATED FOOD AT NEW LOW PRICE

Cheese -- American Cheddar cheese, Cheddar cheese, or plain American cheese as it is commonly known -- is another of the good food bargains now on the market, according to the Bureau of Home Economics of the U. S. Department of Agriculture. The retail price has not been so low since 1904 -- it averages about 20 cents a pound now -- and cheese is one of those concentrated foods that can be used to make either a good main dish of itself, or to add flavor and food value to any other part of the meal, whether in soup, meat, vegetables, salad, or dessert.

Cheese is made of milk; of the low-cost cheeses, American Cheddar is made of whole milk, cottage cheese of skimmed milk. Both are rich in protein, calcium, and phosphorus. A pound and a quarter of Cheddar cheese contains fully as much protein, calcium, and phosphorus as a gallon of whole milk, and has also fat and some of the vitamin values of whole milk. In flavor cheese ranges all the way from the mildest of the Wisconsin varieties to the sharp cheese which is more

typical of New York manufacture -- Wisconsin producing about two-thirds of all the Cheddar cheese manufactured in the United States, and New York much more than any of the other States.

Onion soup with cheese is a whole meal in itself. Cheese fondue, made with a pound of cheese, a pint of milk, and two cups of bread crumbs, can be served as a very cheap main dish for the family dinner. Cheese crackers -- made by grating cheese on crackers and toasting them under the oven flame -- can be used with potato or apple salad, or other vegetable or fruit salad, to make the Sunday supper. Tomato rabbit, Welsh rabbit, cheese with tomatoes and rice, cheese soufflé, cheese with macaroni and tomatoes, cheese fondue, cheese scalloped with cabbage and spaghetti, cheese with potatoes, with corn, with hominy or hominy grits, cheese in rice croquettes, cheese sliced or made into a spread for sandwiches, cheese with anything, almost, will add both to the flavor and food value of the meal.

Many people do, of course, raise a question about the digestibility of cheese. Food scientists say, however, that the discomfort which sometimes follows the eating of cheese is probably largely the result of "the unsuitable way in which cheese is often eaten -- as at hours other than meal times, or at the end of a meal already sufficient. When eaten at a rational place in the meal and thoroughly chewed, cheese usually is well digested." To this the Bureau of Home Economics adds the suggestion that the method of cooking the cheese has much to do with its digestibility. Grate or flake or shave the cheese, or cut it in small pieces, and distribute these through the other ingredients of the cheese dish -- the bread crumbs, the spaghetti, the vegetable, as the case may be -- and cook at very moderate temperature. Then, say the recipe specialists, the cheese has no chance to form the leathery mass which is so slow to digest.

Cottage cheese can easily be made at home (the Department of Agriculture has published a Farmers' Bulletin 1451-F, Making and Using Cottage Cheese in the Home, which is free for the asking). Many people like cottage cheese served by

itself in the main part of the meal, seasoned with salt and blended with a little milk (cream if possible), or with sour cream or melted butter. It makes an attractive and nutritious salad, and is the basis for sandwich fillings, combining nicely with many kinds of fruits, fresh or dried, with green peppers, carrots, cabbage, or other crisp vegetables. Horseradish, onion juice, chives, parsley, caraway seed, or ground sage make a good seasoning when cottage cheese is served as salad. Often, too, it is served as a dessert, with milk and sugar if cream is not to be had.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
(Two adults and three children)

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

MENU FOR ONE DAY

Breakfast

Cereal: Cracked Whole Wheat, cooked - Toast
Coffee (adults) - Milk (children)

Dinner

Cheese fondue on Whole Wheat Toast
Kale
Stewed Dried Apricots
Tea (adults) - Milk (children)

Supper

Mashed brown potatoes - Canned string
beans
Bread and Butter
Doughnuts and Coffee
Milk for children

- 4 -
Onion Soup

6 medium-sized onions, chopped fine
2 tablespoons butter
1 pint boiling water
1 quart meat broth
4 tablespoons flour

4 tablespoons cold water
Salt to taste
Pepper
Toast
Cheese, finely grated

Cook the chopped onions in the fat until yellow, add to the hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, and stir into the soup. Add the salt and pepper, and cook for a few minutes. Pour the soup into bowls or soup plates, place on top of each a slice of toasted bread, sprinkle the cheese over the bread and soup, and serve at once.

Cheese Fundue
(without egg)

1 pint milk
2 cups fine dry bread crumbs
1 pound soft cheese, flaked with a fork

1/2 teaspoon salt
1 small onion, grated
Whole wheat toast

Heat the milk in a double boiler. Add the bread crumbs, cheese, salt, and grated onion. Stir until the cheese has melted. Serve on toast.

Scalloped Cabbage, Spaghetti, and Cheese

1-1/2 cups spaghetti broken in small pieces
3 tablespoons flour
3 tablespoons butter or other fat
2 cups milk

1 teaspoon salt
1/2 pound American cheese
1 quart shredded cabbage
1 cup bread crumbs

Cook the spaghetti in boiling salted water for 20 minutes, and drain. Make a sauce of the flour, fat, milk, and salt. Shave up the cheese, add to the hot sauce, and stir until melted. Put the cabbage, spaghetti, and sauce in a greased baking dish in layers and cover the top with the bread crumbs. Bake for 20 to 30 minutes in a moderate oven.

Cottage Cheese Salads

With prunes

Remove the stones from cooked prunes. Stuff the prunes with cottage cheese which has been seasoned with salt. Serve on lettuce leaves with cooked salad dressing. Dates or figs may be used instead of prunes if desired.

With pineapple

Seasoned cottage cheese balls served on a slice of pineapple, make a delicious salad with cooked dressing.

With green pepper

Remove pulp and seeds from a green pepper. Stuff pepper with cottage cheese, seasoned with salt; or a little onion may be added to the cheese. Let the stuffed pepper stand in a cool place for one hour, slice, and serve on lettuce leaves.

